

# BECOME A LIFEGUARD!

## Training starts this Spring for Summer 2026



### Join Our Lifeguard Team

**Non-Surf Training Open To Ages 15+**

Becoming a lifeguard is a rewarding experience!

Scholarships are available! Visit [staraquacenter.org](http://staraquacenter.org)



#### EAST LIFEGUARD TRAINING NON-SURF COURSE

**Location:** Bridgehampton Tennis & Surf Club  
231 Midocean Drive, Bridgehampton

**Age:** 15 and over

**Start - End:** 5/26/2026 - 6/4/2026

**Fee:** Res. \$200; Non-Res. \$250

WHEN	CLASSROOM	POOL	LOCATION
Tues, 5/26	6:00pm - 8:00pm	4:00pm - 5:30pm	BT&SC
Wed, 5/27		4:00pm - 5:30pm	BT&SC
Thurs, 5/28	6:00pm - 8:00pm	4:00pm - 5:30pm	BT&SC
Tues, 6/2	6:00pm - 8:00pm	4:00pm - 5:30pm	BT&SC
Wed, 6/3		4:00pm - 5:30pm	BT&SC
<b>TEST</b>			
Thur, 6/4		4:00pm - 5:30pm	BT&SC

#### EAST LIFEGUARD TRAINING SURF COURSE

(INCLUDES NON-SURF COURSE)

**Location:** Sagg Main Beach  
1200 Sag Main Road, Sagaponack

**Age:** 16 and over

**Start - End:** 6/6/2026 - 6/20/2026

**Fee:** Res. \$200; Non-Res. \$250

WHEN	IN SURF	LOCATION
Sat, 6/6	9:00am - 12:00pm	Sagg Main
Sun, 6/7	9:00am - 12:00pm	Sagg Main
Sat, 6/13	9:00am - 12:00pm	Sagg Main
Sun, 6/14	9:00am - 12:00pm	Sagg Main
Mon, 6/15	4:00pm - 6:00pm	Sagg Main
<b>TEST</b>		
Sat, 6/20	8:00 am	Sagg Main

**PLEASE NOTE:** CPR training & testing must be completed in addition to either course. You must register separately for CPR and space is limited. We suggest registering for CPR when registering for lifeguard training. If age 15, after completion of courses, you can work at Foster Memorial (Long Beach).

There is an West Class available for both Non-Surf and Surf. Check the website for more information.

#### LIFEGUARD CPR TRAINING - FULL COURSE

Wed. June 10 & Thurs. June 11  
4pm-8pm, Bridgehampton Senior Center  
Residents: \$90.00 Non-Residents: \$110

Must attend both dates for certification!



### Register Today!

[nysouthamptonweb.myvscloud.com](http://nysouthamptonweb.myvscloud.com)

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#### WEST LIFEGUARD TRAINING NON-SURF COURSE

**Location:** SCCC Eastern Campus Pool  
121 Speonk-Riverhead Road,  
Riverhead

**Age:** 15 and over

**Start - End:** 5/11/2026 - 5/26/2026

**Fee:** Res. \$200; Non-Res. \$250

WHEN	CLASSROOM	POOL	LOCATION
Mon, 5/11	6:00pm-9:00pm		Red Creek Park
Tues, 5/12		8:15pm-10:00pm	SCCC
Wed, 5/13		8:15pm-10:00pm	SCCC
Thur, 5/14		8:15pm-10:00pm	SCCC
Mon, 5/18	6:00pm-9:00pm		Red Creek Park
Tue, 5/19		8:15pm-10:00pm	SCCC
Wed., 5/20		8:15pm-10:00pm	SCCC
TESTS			
Thur, 5/21		8:15pm-10:00pm	SCCC
Wed, 5/26	6:00pm-9:00pm	Backboard	Red Creek Park

**PLEASE NOTE:** CPR training & testing must be completed in addition to either course. You must register separately for CPR. Space is limited. We suggest registering for CPR when registering for lifeguard training. If age 15, after completion of courses you can work at Foster Memorial (Long Beach).

There is an East Class available for both Non-Surf and Surf. Check the website for more information.

#### LIFEGUARD CPR TRAINING - FULL COURSE

April 27, 29 & May 1 OR May 4, 6 & 8  
6pm-9pm, Red Creek Park

Residents: \$90.00 Non-Residents: \$110

**Must attend all three dates for certification!**

#### WEST LIFEGUARD TRAINING SURF COURSE

(INCLUDES NON-SURF COURSE)

**Location:** Ponquogue Beach  
276 Dune Road, Hampton Bays

**Age:** 16 and over

**Start - End:** 5/26/2026 - 6/20/2026

**Fee:** Res. \$200; Non-Res. \$250

WHEN	IN SURF	LOCATION
Tues, 5/26	6:00pm - 9:00pm	Red Creek Park
Mon, 6/1	5:00pm - 7:00pm	Ponquogue
Tues, 6/2	5:00pm - 7:00pm	Ponquogue
Wed, 6/3	5:00pm - 7:00pm	Ponquogue
Thur, 6/4	5:00pm - 7:00pm	Ponquogue
Fri, 6/5	5:00pm - 7:00pm	Ponquogue
Mon, 6/8	5:00pm - 7:00pm	Ponquogue
Tues, 6/9	5:00pm - 7:00pm	Ponquogue
Wed, 6/10	6:00pm - 9:00pm	Red Creek Park
Thurs, 6/11	5:00pm - 7:00pm	Ponquogue
TESTS		
Sat, 6/13	8:00 am	Ponquogue
Sat, 6/20	8:00 am	Sagg Main



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